

## CLAIMS

1. An improved bicycle pedal and crank arm comprising:  
a bicycle pedal having a fixed shaft; and  
a crank arm having a rotatable bearing for receiving said fixed shaft and  
allowing relative rotation between said pedal and said crank arm.
2. The bicycle pedal and crank arm of claim 1 wherein said bearing is secured to  
said crank arm by a retainer.
3. The bicycle pedal and crank arm of claim 1 wherein said bearing is sealed.
4. The bicycle pedal and crank arm of claim 1 wherein said bearing is a cartridge  
bearing.
5. The bicycle pedal and crank arm of claim 1 wherein said bearing is a bushing.

6. The bicycle pedal and crank arm of claim 1 wherein said pedal and shaft are integrated as a unitary body..

7. A bicycle pedal for attachment to a bicycle crank arm for relative rotation therewith; the bicycle pedal comprising:

a portion for receiving a bicycle rider's foot; and

a shaft fixedly attached to the foot receiving portion and having an end adapted

5 for rotation in said crank arm.

8. The bicycle pedal of claim 7 further comprising a bearing for engagement with said shaft end; said bearing being configured for being secured in said crank arm.

9. The bicycle pedal of claim 7 wherein said foot receiving portion and said shaft are integrated as a unitary component.

10. A bicycle crank arm having one end for rotational attachment to a bicycle frame and having another end for receiving a bicycle pedal; the crank arm comprising an aperture for receiving a bearing at said pedal receiving end, said bearing being adapted for receiving a pedal shaft for rotation of said shaft in said crank arm.

11. The bicycle crank arm recited in claim 10 wherein said bearing is secured to said pedal receiving end by a retainer.

12. The bicycle crank arm recited in claim 10 wherein said bearing is sealed.

13. The bicycle crank arm recited in claim 10 wherein said bearing is a cartridge bearing.

14. A bicycle pedal comprising a body portion and a shaft, said body portion and said shaft being fixed relative to one another.

15. The bicycle pedal recited in claim 14 wherein said shaft has an end configured for mating with a bearing mounted in a crank arm for rotation of said pedal in said crank arm.